

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

APRIL 2016

Volume 08 Issue 4

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FREE PIANO & ORGAN

The Senior Center is making room. We have a baby grand piano and an organ available free of charge to anyone interested. Please feel free to stop by the Center to check them out!



A Message From Council on Aging Director Ashley Springman...

A HEALTHY LUNCH OPTION IS ON THE WAY

Plans are underway to open a salad bar at the Senior Center as soon as May. We will be offering this healthy lunch option on Tuesdays before Zingo. There will be two sizes to choose from and many, many toppings to choose from. Soup(s) will also be available, provided by Bayberry at Emerald Court. Stay tuned for more information! We are looking for volunteers to help with the salad bar, so please see Jan or Ashley if you're interested in helping.



We will also be introducing technology instruction at the Senior Center, scheduled to begin in May. Student volunteer William Mailloux will be available for two 30 minute sessions on Wednesdays between 3:00– 4:00PM. He will be able to answer questions you may have about your own laptop, tablet or smart phone. Additional appointments will become available during the summer months, as well as, instruction on the Senior Center's desktop computers (when the new ones arrive). You may sign up by calling or stopping by. Spaces are limited so reserve your spot today!

You may have noticed the Forestry Department cleaning up the area behind the healing garden, removing trees and trimming back low-lying branches and brush. This spring we are restoring the Bocce Court so seniors can enjoy the outdoors this summer!



Lastly, we are really excited for the screening of *Age Of Love*, taking place at the Senior Center on Saturday May 14th at 2:00PM. This comedic documentary follows 30 seniors who attend a speed-dating event. This event is FREE and we encourage all ages to attend. More details can be found on the center insert in this newsletter.

Regular Senior Center Hours: Monday– Friday, 8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

Inclement weather Policy:

When Tewksbury Public Schools are closed, the Senior Center is closed. If there is a two hour delay, the Senior Center is also delayed, opening at 10:00AM.

My Mission as Your Director: *To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.*

Due to scheduling issues and lack of a tour guide for the originally advertised New York Trip, we are now offering this New York Trip.



UPDATED: NEW YORK TRIP
2-DAYS, 1 NIGHT STAY

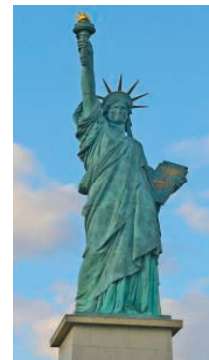
THE BOSTON RED SOX VS The New York YANKEES
Saturday July 16th– Sunday July 17th



Reserved seats at Yankee Stadium!

Day 1—You will depart from the Senior Center mid-morning and head to New York. You will arrive at Yankee Stadium in the Bronx in time to see the pre-game warm-ups. Then enjoy all of the action from your **Reserved Main Level Seats** as the Red Sox take on the Yankees at this 4:05pm game! After the game, you will head to Tarrytown, NY to stay at the **Sheraton Hotel**. Relax, take some time to unwind and settle in.

Day 2—After your included Breakfast at the hotel, we will make our way into downtown **New York City**. Enjoy the best of the “Big Apple” as your tour guide points out some of the great sites it’s known for. Next you can enjoy some free time to visit the many museums, visit the 9/11 Memorial, or take a ride out to see the Statue of Liberty. Whatever you choose there will be time to enjoy. Then you will be ready for a comfortable afternoon departure for a return home from your New York adventure.



Answers to last month's Sudoku

2	5	8	4	1	3	6	7	9
6	1	3	5	9	7	8	2	4
9	7	4	2	6	8	1	3	5
7	6	5	8	2	4	9	1	3
8	9	2	1	3	5	7	4	6
3	4	1	6	7	9	2	5	8
1	3	9	7	5	6	4	8	2
4	2	6	3	8	1	5	9	7
5	8	7	9	4	2	3	6	1

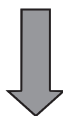
STAY UP-TO-DATE WITH WHAT'S HAPPENING

SENIOR CENTER TRIPS AND IN-HOUSE EVENTS & COMMUNITY EVENTS/ACTIVITIES

There are 3 bulletin boards at the Senior Center; one for in-house activities, one for upcoming trips and one for community events. This is where you will find the most up-to-date information. So, stop by and check them out! Anything posted on the community board must be approved by the Director and is limited to non-profit agencies only.

Also, be sure to check out the Golden Ages Club (GAC) Bulletin Board located outside their new office (formerly the nurses office) to see what new and exciting things they have going on.

SAVE THE DATES:



June	Day Trip	Duck Tour- Land and water historic tour aboard a famous duck boat
July 19	11:30am –3:30pm	The Hay Day of the Big Bands—Transportation, luncheon & Show
August 11	11:30 am	Foster's Clambake Restaurant & Show- Michael Minor, singer, comedian, Ventriloquist & celebrity impressionist
September 1	2:00 pm	Singin' in the Rain @ the North Shore Music Theater, Beverly, MA

UPCOMING DAY TRIPS

Date	Bus Leaves	Trip	Cost	Tickets
April 28	8:45am	Lexington/Concord Historic Guided Tour Includes: transportation, Tour, Lunch @ The Colonial Inn, Stop @ Colonial Candies	\$79.00	Available now Trip is limited to 30
May 19	9:00am	Wells/Ogunquit, Maine Includes Transportation, Shopping, & Lunch on your own	\$20.00	Available now

Council on Aging Staff

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Council on Aging Board Members:

Virginia Desmond-Chair
Joel Deputat-Vice Chair
Lorene Patch-Treasurer
Joan Unger-Clerk
Joanne Aldrich
Marie Durgan
Bob MacInnis
Paul McNaught
Patty Sasso
Kathy Walsh
Arlene Wright

Recycling

I am still collecting new cards, tabs from cans, tags from tea bags. *I am no longer collecting bottle caps.* If you know of anyone who is collecting them, I would be glad to collect the bottle caps for them. Please let me know. Thank you!



Kay Maher

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

Winner from March is **Shirley Lambert** - Congratulations!

Mistake on pg. 2, The Young Irelanders Trip says bus leaves at 10:00am. It should have said bus leaves at 9:00am.

FREE MONTHLY HEARING CLINIC– Wednesday April 27th, from 9-11AM

Beginning this month, there will be a FREE hearing clinic held on the 4th Wednesday of every month, provided by *Nicole Kalukiewicz*, State Licensed Hearing Instrument Specialist of Rogers Hearing Solutions. This clinic will provide free hearing screenings to anyone that feels they may have hearing loss. It can also provide free hearing-aid repairs for things that can be fixed right there on the spot or in their office. Unfortunately, they will not be able to fix not anything that needs to be sent back to the manufacturer. Hearing aids can be cleaned and checked at no cost, as well as free programming if software is available. If you are interested, please call the Senior Center to sign-up.

***NEW * BEREAVEMENT SUPPORT GROUP**

Beginning in May, Wednesdays at 10:00am

This group will be open to those who have lost a significant other or spouse. Details will be available at the Senior Center as they become available so stop by or call. You may sign-up ahead of time or feel free to drop in on any of the meetings when they begin in May.

A bereavement support group can offer companionship and understanding from others who have experienced a similar loss and are experiencing similar challenges that living with a loss can bring. A support group can offer you emotional support and understanding, in a non-judgmental setting.

Eating Right for Older Adults

Submitted by Nicole Hutcheon, Outreach

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods. Try these eating right tips:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat milk, yogurt and cheese.
- Vary your protein choices.
- Cut back on sodium and empty calories from solid fats and added sugars.
- Enjoy your food but eat less.
- Be physically active your way.
- Consult a registered dietitian nutritionist.



WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY**AM**

9:00 Forever Fit
 9:30 Men's Yoga
 9:30-11- Blood Pressure Clinic
 provided by Circle Home Health
 (Except 4th Monday, 11am-1pm)
 10:15 Therapeutic Yoga

PM

12:30 45's
 12:40 Bone Builders #2
 2:00 Bone Builders #1
 3:30 Gentle Yoga

TUESDAY**AM**

8:30 Tai Chi
 8:45 TOPS Weigh In/ Mtg.
 9:30 Wood Carving
 9:45 Movin' & Grovin' Exercise
 11:30- 4 Piecemakers for Charity

PM

12:45 ZINGO
 1:00 Independent Painting
 5:00 50's & Fit

WEDNESDAY**AM**

8:15 Bone Builders #3
 9:00 Arts & Crafts
 9:00 Quilting
 9:30 In-house Pool Tournament
 9:30 Men's Mind & Muscle
 10-12 Town Nurse Office Hours
 10:30 Country Line Dance Class

PM

12:30 Cribbage
 12:30 Mah Jong
 12:40 Bone Builders #2
 2:15 Gentle Chair Yoga

THURSDAY**AM**

9:00 Diet Workshop
 9:30 Wii Bowling League
 9:30 Traditional Line Dance
 10:30 Body Works

PM

12:30 Experienced Yoga
 12:30 Whist
 1:00 Bunka Embroidery
 2:00 Bone Builders #1
 3:15 Zumba (Ends 4/7)
 5:00 50's & Fit

FRIDAY**AM**

8:30 Walking Club
 9:30 Bone Builders #3

PM

12:30 International Mah Jong

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Golden Age Club News*Submitted by Rose McKenna*

As most of you already know, our Senior Center took a beating when the pipes broke and the sprinklers went off back in February. Because of this, many classes have been relocated in and out of the center. Some of our overnight trips have already been cancelled. With fewer people coming into the center, we worry the bulletin boards are not being read.

There will not be a GAC Meeting this month. The LRC game, that is held on the last Friday of each month at 12:00pm, will be at the Senior Center this month. The pick 5 raffle was won by Joanne Hicks, congratulations. Red Sox tickets are now in! The raffle began on March 22nd at the Elks on Bingo Day. Our trip to the Villa Roma Resort, Callicoon, New York is still on and full payments are now being accepted.

Hopefully, repairs to our center will end soon and everything will be back to normal again.

DJ Jon Mansfield is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.

Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!



The SHINE Program provides information to elders and disabled adults to help them understand Medicare benefits and other health insurance options. SHINE services are free and confidential. If you are a resident of Tewksbury you can make an appointment by calling 978-640-4480.

SIGN UP FOR OUR FOOT CARE CLINIC

WHO: Catherine Languedoc RN BSN, CFCN
 (Certified Foot Care Nurse)
WHEN: 3rd Thursday of Every Month
WHERE: Senior Center Nurses Office
COST: \$30 accepted at time of appt.



Call Jan at 978-640-4482 to make an appointment

Friends of the Elderly, Inc.
Submitted by Linda Brabant

Tickets for the Thursday, April 7th Foxwoods trip may still be available. The next casino trip is to Mohegan Sun on Thursday, May 5th. The cost is \$35 and includes a casino package and driver gratuity. If, on the Friends Casino trips, there are 40 paying passengers, a \$5 cash refund will be distributed on the bus. For more info call Linda at 978-851-4243.

The Friends of the Elderly WILL hold a Giant Yard Sale at the Tewksbury Senior Center, 175 Chandler Street on Saturday, April 30, 2016 from 9:00 AM to 2:00 PM. Table space is available at \$15 per table or 2 tables for \$25. Table reservations are now being taken. Admission to the Yard Sale is Free. Luncheon Specials will be available as well as a Yummy Bake Sale Table. For more information one may call Linda at the above number. Donated items for the Senior Tables may be brought down to the Senior Center on Friday, April 29th.

The Friends Zingo activity is now held at the Tewksbury/Wilmington Elks Lodge at 777 South Street until we are able to return to the Senior Center. Zingo is held on Tuesday afternoons beginning at 12:00 noon with games starting at 12:30 PM.

A hearty THANK YOU is extended to all Elk Members for their generosity. Our Seniors truly appreciate their kindness!

The Friends WILL hold its Cribbage Tournament at the Senior Center on Saturday, April 23rd beginning at 12:00 noon. Tickets are now available at \$20 per player (cash only) and at the door. As always, the public is welcome.

The Friends of the Elderly trip and event tickets are available for purchase mornings from 8:15 to Noon, Monday through Friday.

GOD BLESS AMERICA & HAPPY SPRING!

Red Hat News

Submitted by Diane Joy



A big Red Hat THANK YOU to the Village Inn who generously offered their facility for our February Anniversary Dinner. We may have had to "bus it", but there was good food, good times, and most of all Red Hat "FUN"!



March brought us "Flower Power". We made arrangements from "rescued" and "repurposed" flowers. Even if you thought you couldn't arrange flowers (like me), you left with a very nice floral arrangement.

Upcoming Event Dates:

WEDNESDAY, April 20, 2016 @ 6:00 PM. Movies in your PJ's.

Wednesday, May 18, 2016 @ 6:00 PM. Italian Dinner and Buffalo Bingo.

Wednesday, June 15, 2016 @ 6:00 PM. Elegant Tea Party.

Have a wonderful April!

Please contact the Queen Mother or any Board Member if you know of a Red Hat sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!



Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250


Social Security contact information: **1-800-772-1213** or apply online at www.socialsecurity.gov/extrahelp.

Elder Services of the Merrimack Valley

April 2016

Lunch Menu for On-site Dining & Meals on Wheels Delivery (\$2.00 Donation)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Sliced Pork Roast w/Gravy Sweet Potato Mixed Vegetables Whole Wheat Dinner Roll Fruit Snack Loaf
4 Chicken Ala King Brown Rice Cauliflower Whole Grain Bread Mixed Fruit	5 Shepard's Pie Peas Whole Wheat Bread Yogurt	6 L.S Hot Dogs Beans Capri Vegetables Whole Wheat Hot Dog Roll Cookies	7 Cheese Lasagna w/ Meat Sauce Sautéed Spinach Italian Bread Seasonal Fresh Fruit	8 Baked Fish W/Red Pepper Sauce Vegetable Brown Rice Sliced Carrots Dinner Roll Chocolate Pudding/Dt. Pudding
11 Chicken Drumsticks Red Bliss Potatoes Green Beans Whole Wheat Dinner Roll Sliced Peaches	12 Beef Stew Corn and Peas Biscuit Fresh Baked Cookie	13 Roast Turkey with Gravy Mashed Potatoes/Stuffing Carrots and Turnip Natural Grain Bread Mixed Fruit	14 Stuffed Shells w/Marinara Sauce Capri Vegetables Italian Scala Bread Bread Pudding	15 Baked Tilapia w/Lemon Sauce Brown Rice Zucchini & Tomatoes Oatmeal Bread Fruit Cocktail
18 No Meals Served Patriots Day	19 BBQ Boneless Ribbettes Mashed Sweet Potatoes Brussel Sprouts Whole Wheat Dinner Roll Diced Pears	20 "Monthly Special" Mediterranean Chicken Lemon Olive Rice Vegetable Ratatouille Dinner Roll Fruit Ambrosia w/Coconut	21 "Monthly Birthday" Meatloaf w/Gravy Mashed Potatoes Broccoli Whole Wheat Dinner Roll Birthday Cake	22 Salmon w/Dill Sauce Rice Pilaf Green Beans Natural Grain Bread Fresh Banana
25 Hamburger W/Cheese on the Side Potato Wedges Cole Slaw WW Hamburger Roll Yogurt	26 Chicken Marsala Brown Rice Mixed Vegetables Natural Grain Bread Diced Pears	27 Eggplant Parmesan w/Marinara Sauce Green Beans Whole Wheat Dinner Roll Mixed Fruit	28 Breaded Chicken Patty Mashed Potatoes Peas Natural Grain Bread Diet Gelatin	29 Macaroni & Cheese w/Crumb Topping on the side Stewed Tomatoes Honey Wheat Roll Seasonal Fresh Fruit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30- 11AM Parkinson's Support Group	2 Town Elections
3	4 2-6PM- Intake for Upscale Consign- ment Shop	5	6	7 Foot Care Clinic Tax Prep- last day 1PM- Oil Painting Class Begins	8	9
10	11	12	13	14 9AM- Men's Group	15 10:30AM- Coffee With the Director	16
17	18 Senior Center Closed 	19	20 12:30PM- COA Board meeting 7-9PM- Girl Scouts Sq. Dance <i>*Seniors Welcome!</i>	21 Foot Care Clinic	22	23 12PM- Cribbage Tournament
24	25 10AM- MS Sup- port Group 10AM- Sen. L' Ital- ien Off Hrs 1PM- DJ Dance	26 9:30AM- Rep- Miceli Off Hrs 10-11AM- Brown Bag Pickup for par- ticipants	27 9-11AM- Free Hearing Clinic (See pg. 3 for more info)	28 9AM- Men's Group Lexington/ Con- cord Day Trip	29	30 Friend's of the El- derly Yard Sale

LET US PLACE YOUR AD HERE.



April 19, 1775 – ON THIS DAY IN HISTORY

Patriot's Day is celebrated in Massachusetts commemorating the anniversary date of the Battles of Lexington and Concord which marked the beginning of the Revolutionary War. We love our Monday holidays, so although the actual anniversary of these Battles is April 19th, we celebrate it annually on the third Monday each April (also the same day as the Boston Marathon). Did you know that 100 residents from Tewksbury, MA fought in the Battle of Lexington and Concord? Remember the "Shot Heard 'Round the World" from history class? Written by Ralph Waldo Emerson, he refers to the dramatic battle at North Bridge when the Colonists first fired at British soldiers. Events leading up to the battles, such as Paul Revere's famous ride to warn of the arrival of the British soldiers, all happened on this day in history.



Spring Word Search

As you look for the hidden words, remember that they can be horizontal, vertical or diagonal, frontwards or backwards.

A	O	L	I	R	P	A	Z	K	C	I	M	A	G
G	U	B	G	Y	P	P	O	L	X	O	S	P	A
R	M	U	L	I	H	T	W	O	R	G	O	R	R
A	B	L	O	O	W	I	N	G	D	F	R	I	D
I	R	I	W		S	H	O	W	E	R	S	L	E
N	E	O	E	L	U	S	X	A	W	A	D	F	N
D	L	S	R	S	N	S	O	R		G	U	O	P
R	L	D	I	E	S	C	H	M		R	B	O	N
O	A	R	N	L	H	M	I	X	S	A	I	L	S
P	R	I	G	D	I	G	G		P	N	I	S	P
S	O	B	I	D	N	W	E	B	R	T	A	U	I
I	M	C	L	U	E	R	O	B	I	N		N	L
L	E	T	M	P	Y	N	I	T	N	C	A	F	U
O	N	X	B	E	S	S	A	R	G	I	G	O	T

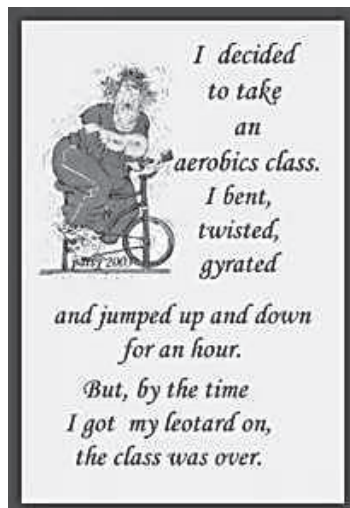
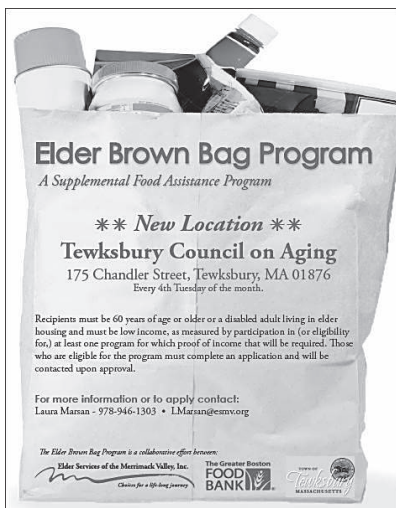
BLOOMS
SPRING
SHOWERS
SUNSHINE
APRIL
BUDS

GARDEN
UMBRELLA
ROBIN
TULIP
APRIL FOOLS
FLOWERING

BIRDS
GRASS
PUDDLES
FRAGRANT
GROWTH
WARM

Sudoku: The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 4x4 box contains the same number only once.

	2	3						
					8			7
5				7				
	1		9					
							2	
		9	8	6				
	8		2		7		3	9
2					1		4	
3							5	



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.

From Public Health Nurse, Sarah Kinghorn



Have you had your Pneumococcal Vaccine? Are you confused about when to get your pneumococcal vaccine? Do you know which one you should get?

Pneumococcal disease is caused by bacteria that can spread from person to person through close contact. It can cause ear infections, and it can also lead to more serious infections of the: Lungs (pneumonia), Blood (bacteremia), covering of the brain and spinal cord (meningitis).

Pneumococcal pneumonia is most common among adults. Pneumococcal meningitis can cause deafness and brain damage, and it kills about 1 child in 10 who get it. Anyone can get pneumococcal disease, but children under 2 years of age and adults 65 years and older, people with certain medical conditions, and cigarette smokers are at the **highest risk**. The pneumococcal vaccine does not cure pneumonia but it can help to protect against certain types of pneumococcal bacteria.

There are two pneumococcal vaccines: **Prevnar 13** and **Pneumovax 23**. If you are 65 and over and have never had a vaccine for pneumococcal disease, Prevnar 13 is recommended 1st. Then at least 1 year later Pneumovax 23 should be administered. If you have received your Pneumovax 23 vaccine and are 65 and over wait at least 1 year after your most recent dose of Pneumovax 23, then Prevnar 13 should be administered. Prevnar 13 is covered by Medicare Part B-fee for service benefit. For those who are 19-64 with immunocompromised conditions discuss with your Doctor to see which vaccine is recommended.

Anyone who has ever had a life-threatening allergic reaction to a dose of this vaccine, to an earlier pneumococcal vaccine called PCV7, or to any vaccine containing diphtheria toxoid (for example, DTaP), should not get PCV13. Adults have reported pain, redness, and swelling where the shot was given; also mild fever, fatigue, headache, chills, or muscle pain.

Contact your Doctor or Pharmacy to arrange a vaccination. Call 1-800-232-4636 (1-800-CDC-INFO) or Visit CDC's website at www.cdc.gov/vaccines

Oil Painting Classes to Begin

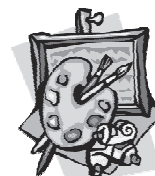
Barbara Antinoro is looking forward to Spring Oil Painting classes. She is hoping to see some familiar faces as well as some new ones in the classroom.

There is a sign-up sheet at the reception desk or call the Senior Center 978-640-4480 to be put on the list.

Thursdays, April 7- May 26

1:00pm to 3:00pm

Cost: \$75.00/8 Weeks



Tewksbury's Annual Bike Safety Rodeo

Sunday, June 5th from 10AM-1PM
Tewksbury Memorial High School
320 Pleasant Street

Bike Safety Checks

DJ Dancing

Helmet Decorating

Fun for the whole family!

ALL AGES ARE WELCOME!



This year there will also be a **Wellness Fair** with many resources for the community.

↑ *The Health Department will **not** be holding a health fair at the Senior Center this year. They have joined forces with the Police Department and the fair will be held outdoors during June's Bike Rodeo Event.*



A Quick Reminder:

Please try to bring exact change or a check to pay for classes/activities.

DO NOT CALL!
Want to reduce telemarketing calls? Sign up for the Massachusetts "DO NOT CALL REGISTRY"
Includes cell phones
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www.mass.gov/donotcall
Or call Toll Free:
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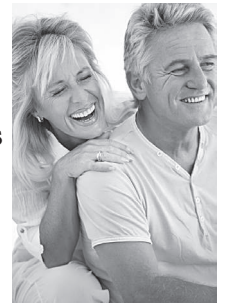
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American Cancer Society	1-800-227-2345
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Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
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